



HILLSIDE VIEW ORTHODONTICS

BY IKEDA + RIGHELLIS

## Spacers/Separators

All spacers need to be in place so that we can comfortably place your bands at your next appointment. Please do not floss where spacers are located; floss other teeth as usual. Please do not eat anything sticky or chewy; avoid popcorn.

The timing of your spacer(s) falling out is important.

- If any spacers come out several days before your appointment, please call us during regular office hours (even if it happens over the weekend), so that we can make an appointment to replace them.
- If any spacers come out the same day or the night before your appointment, no need to call. We should have enough space.

Please keep track of your spacers and check them DAILY.

